

Aerobics Marathon



18 February 2006

0800-1600

CPT Jennifer J. Shafer

Odom Fitness Center

Building 1507

**\$8.00 per person if registered before
9 February 2006**

**\$10.00 per person if registered after
9 February 2006,
or same day registration**

(Cost includes T-shirt and prizes!)

Fun for everyone

12 years and up!

**Classes will be for all fitness levels
and will be a variety of styles.**

For more information, call 301-619-2498

**Fill out registration on reverse side and return to
CPT Jennifer J. Shafer Odom Fitness Center.**

www.detrick.army.mil/wellbeing



RELEASE AND HOLD HARMLESS AGREEMENT (Morale Support Activities)

For use of this form, see AR 215-1; the proponent agency is TAGO

In consideration for being allowed to participate in **Aerobics Marathon** (activity)
I hereby release the _____ (Installation or Community)
Morale Support Activities (MSA) and the United States Government from any liabilities or claims
arising from my own participation. I agree that I will never prosecute or in any way aid in prosecuting
any demand, claim, or suit against the United States Government* for any loss, damage, or injury to
my person or property that may occur from any cause whatsoever as a result of taking part in this
activity.

I also understand and agree that I may be held liable for any damage or loss to the United States
Government that is caused by my gross negligence, willful misconduct, or fraud.

Signature of Contestant _____

Date _____

FOR MINOR CHILD

I, _____, parent/legal guardian of the above-said minor child,
consent to his or her taking part in this Morale Support Activity. I will abide by the above.

Signature of parent or guardian _____

Date _____

*United States Government, as used here, includes Morale Support Activities and any officer, agency, or employee of the
United States Government or Morale Support Activities, acting officially or otherwise.

DA FORM 5293-R, FEB 84

Name _____

Address _____

Age _____ Unit _____ T-Shirt Size _____

Phone _____